

# White Chicken Chili

Total Cook Time: 1 hour  
 Contains raw meat, cook thoroughly  
 Cook from Frozen  
 Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

## Prepare with (aka ingredients needed to prepare meal):

- 1 cup (2 cups)\* chicken broth
- 4 ounces (8 ounces)\* cream cheese
- Optional toppings and garnishes: Shredded cheese, fresh cilantro, diced avocado, sour cream, lime juice, tortilla chips, diced tomato

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 cup (2 cups)\* chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Scoop out chicken with a slotted spoon and shred or cut into bite sized pieces. Return to the pot.
5. Use the sauté function to heat the mixture. Cut 4 ounces (8 ounces)\* cream cheese into cubes and add to the soup. Stir well until melted and combined.
6. Serve hot with desired toppings.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-6.

## Leftover Suggestions:

- White Chicken Chili Casserole – Mix with cooked pasta or rice, top with cheese, and bake.
- Stuffed Peppers – Combine with rice, stuff into bell peppers, and bake.
- Nacho Bake – Pour over tortilla chips, sprinkle with cheese, and bake until bubbly.

## Notes:

- Use whipped cream cheese in this recipe—it melts into the soup much more smoothly than a block of cream cheese.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 25g	<b>9%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 5g	<b>18%</b>	
Trans Fat 0g		Total Sugars 7g		
<b>Cholesterol</b> 55mg	<b>18%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 980mg	<b>43%</b>	<b>Protein</b> 24g		
Vitamin D 0mcg 0% • Calcium 110mg 8% • Iron 2.6mg 15% • Potassium 320mg 6% Vitamin A 260mcg 30% • Vitamin C 21mg 25%				

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), CHICKEN, GREAT NORTHERN BEANS (PREPARED GREAT NORTHERN BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT)), CORN, GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), SPICE, SALT, GARLIC, ONION